

# May 2025 THRIVE Nassau Calendar

For our most current information/updates, please visit [www.ThriveLI.org](http://www.ThriveLI.org)

**KEY: GREEN – IN-PERSON & ZOOM ORANGE – IN-PERSON ONLY  
 BLUE – ZOOM ONLY PURPLE – COMMUNITY EVENT FUSCIA – SPECIAL EVENT**

**Back of calendar contains group descriptions and online meeting links!**



1025 Old Country Road, Suite 400, Westbury, NY 11590  
 USE ENTRANCE CORNER OF BOND STREET & OLD COUNTRY RD

Phone: 516-765-7600

Monday: 12pm – 6pm Tuesday-Thursday: 12pm - 8pm

Friday: 12pm – 10pm // Saturday: 2pm-9pm

Sunday: Building Closed

## Activities/Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>SHERPA Harm Reduction Services: In-person FREE confidential HIV, Hepatitis C, STI's testing and linkage to treatment. PrEP/PEP screenings and linkage to providers. Prevention kits also available. Testing available at FCA Outpatient Clinics (Hempstead/Hicksville)</b></p>		<p><b>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Call us 516-765-7600 To schedule with one of THRIVE'S Recovery Coaches.</b></p>		1	2	3
				<p>12pm-3pm Tutoring                      7pm-8:30pm Nar-Anon                      7pm FIST Family Support Group                      8pm Matching Calamity with Serenity</p>	<p>5:30pm Art Expression                      6:30pm Poetry for All</p>	<p>12pm Nar-Anon Hybrid Meeting                      2pm OA – Beginners Writing Meeting                      2:30pm Recovery Dharma                      4pm OA - Body Image Book &amp; the OA Third Edition                      7:30pm NA- Narcotics Anonymous</p>
4	5	6	7	8	9	10
	<p>1pm-3pm Project 55+                      5:30pm-7:30pm Rooted in Recovery Seedling Planting                      8pm Emotional Sobriety</p>	<p>5pm-7pm Project Forward                      5:30pm Intro To Yoga                      6pm Dad's Discussion Group @YES Levittown                      7pm-8:30pm Marijuana Anonymous</p>	<p>2pm Parenting Group                      7pm Reiki Energy Healing                      7pm AA- Alcoholics Anonymous</p>	<p>12pm-3pm Tutoring                      7pm-8:30pm Nar-Anon                      7pm FIST Family Support Group                      8pm Matching Calamity with Serenity</p>	<p>5:30pm Art Expression                      6:30pm Poetry for All</p>	<p>2pm OA – Beginners Writing Meeting                      2:30pm Recovery Dharma                      4pm OA - Body Image Book &amp; the OA Third Edition                      7:30pm NA- Narcotics Anonymous</p>
11	12	13	14	15	16	17
<p><b>QUIET TIME Every Day Mon-Sat 2pm-5pm</b></p>	<p>1pm-3pm Project 55+                      8pm Emotional Sobriety</p>	<p><b>Opening @ 3pm</b>                      5pm-7pm Project Forward                      5:30pm Intro To Yoga                      6pm Dad's Discussion Group @YES Levittown                      7pm Wharf Rats                      7pm-8:30pm Marijuana Anonymous</p>	<p>2pm Parenting Group                      7pm Reiki Energy Healing                      7pm AA- Alcoholics Anonymous</p>	<p><b>Opening @ 5pm</b>                      6pm-8pm MA Step Workshop: Step 5                      7pm-8:30pm Nar-Anon                      7pm FIST Family Support Group                      8pm Matching Calamity with Serenity</p>	<p>5:30pm Art Expression                      6:30pm Poetry for All                      7pm-10pm Community Living Night                      7:30pm-10pm Summer Kick-off: Tie Dye</p>	<p>9am Gathering of the Sisters: Body, Mind, Movement                      2pm OA– Beginners Meeting                      2:30pm Recovery Dharma                      4pm OA - Body Image Book &amp; the OA Third Edition                      7:30pm NA- Narcotics Anonymous</p>
18	19	20	21	22	23	24
<p>1pm-3pm Overeaters Anonymous Workshop</p>	<p>1pm-3pm Project 55+                      8pm Emotional Sobriety</p>	<p>5pm-7pm Project Forward                      5:30pm Intro To Yoga                      6pm Dad's Discussion Group @YES Levittown                      7pm-8:30pm Marijuana Anonymous</p>	<p>2pm Parenting Group                      7pm Reiki Energy Healing                      7pm AA- Alcoholics Anonymous</p>	<p>12pm-3pm Tutoring                      7pm-8:30pm Nar-Anon                      7pm FIST Family Support Group                      8pm Matching Calamity with Serenity</p>	<p><b>Opening @ 3pm</b>                      5:30pm Art Expression                      6:30pm Poetry for All                      6:30pm Financial Literacy                      7:30pm-10pm Open Mic</p>	<p>2pm OA– Beginners Meeting                      2:30pm Recovery Dharma                      4pm OA - Body Image Book &amp; the OA Third Edition                      7:30pm NA- Narcotics Anonymous</p>
25	26	27	28	29	30	31
	<p><b>CLOSED Happy Memorial Day!</b></p>	<p>5pm-7pm Project Forward                      5:30pm Intro To Yoga                      6pm Dad's Discussion Group @YES Levittown                      7pm-8:30pm Marijuana Anonymous</p>	<p>2pm Parenting Group                      6pm Narcan Training                      7pm Reiki Energy Healing                      7pm AA- Alcoholics Anonymous</p>	<p>12pm-3pm Tutoring                      7pm-8:30pm Nar-Anon                      7pm FIST Family Support Group                      8pm Matching Calamity with Serenity</p>	<p>5:30pm Art Expression                      6:30pm Poetry for All</p>	<p>2pm OA– Beginners Meeting                      2:30pm Recovery Dharma                      4pm OA - Body Image Book &amp; the OA Third Edition                      7:30pm NA- Narcotics Anonymous</p>

You can also follow us on Facebook @ <https://www.facebook.com/THRIVRecovery/> & Instagram @ [thrive\\_recovery](https://www.instagram.com/thrive_recovery)

## DAILY

**Quiet Time (Mondays and Wednesdays):** Are you looking for a quiet space that won't have any distractions? Join us at Thrive Nassau on Mondays and Wednesdays between 2PM-5PM for our "Quiet Time". This is designated time for: Studying, course work, step-work, reading, journaling, projects, resume building, zoom meetings, etc.. Community computer and printer access; Recovery Coach Peers available to meet individually.

## MONDAYS

**Project 55+:** Project 55+ is a group for those 55 years and older focused on the journey of recovery and healing using the arts. Together we will explore the transformative power of art, poetry, and music to deal with different aspects of life and growth. In conjunction with FCA's Senior Division funded by SAMHSA.

**Emotional Sobriety:** 16 week rotating open study group which fosters in-depth discussions that translate the 12 Steps from abstract ideas to practical actions that can be applied to daily living. Moving from "doing the steps" to "living the steps" is the secret to developing the fit spiritual condition necessary for a daily reprieve from addiction. This conversation illuminates how the 12 Steps work together and will use experiences that are occurring in the lives of participants to translate these ideas into action.

Join Zoom Meeting:

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlaZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 929 205 6099

## TUESDAYS

**Intro to Yoga:** Join us in-person each Tuesday evening for a 6pm introduction to yoga class. Also available on Zoom.

Join Zoom Meeting: <https://us02web.zoom.us/j/85395396142>

Meeting ID: 853 9539 6142 Dial-in#: +1 646 558 8656

**Project Forward: Healthy Relationships Workshop:** A free workshop on relationships. The Love Notes workshop touches on many different topics including what healthy relationships look like, healthy communication, and how to navigate the different relationships in your life. The workshop is on an 8 to 10 week schedule.

**Wharf Rats (2<sup>nd</sup> Tuesday monthly):** The Wharf Rats are a well-established group of concert-goers who have chosen to live alcohol- and drug-free. They define themselves as "a group of friends sharing a common bond, providing support, information, and hope in a rather slippery environment."

**Marijuana Anonymous:** A fellowship of people who share our experience, strength, and hope to solve our common problem and help others to recover from marijuana addiction.

**Dad's Support Group:** Navigating Fatherhood in Recovery. If you're a dad in recovery looking to share your experience as a parent in recovery with other dads, check it out. Meetings held at YES in Levittown or on Zoom.

## WEDNESDAYS

**Nutrition Workshop: \*\*NEW\*\*** Brought to you by Cornell Cooperative Extension. A monthly nutrition workshop for eating healthy meals with snacks, recipes, and valuable information for all your nutritious needs.

**Parenting Group:** Current life events have dramatically changed our traditional parenting roles and have challenged our family routines and dynamics. How do

you sort this out, while maintaining effective, positive relationships? The group explores how family concerns can be developed into positive methods of personal interaction.

Join Zoom Meeting: <https://us02web.zoom.us/j/82632141685>

Meeting ID: 826 3214 1685

**Narcan Training:** Join us for a 45-min training on how to properly administer Naloxone (Narcan). This training will be offered each Thursday from 7-7:30pm both in-person at THRIVE Nassau and remotely via Zoom. Narcan is a brand name for naloxone, a medication designed to rapidly reverse opioid overdose. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing with heroin or prescription opioid pain medications. [See website for Zoom information.](#)

**Reiki Energy Healing and Guided Meditation:** Have you ever felt stuck in a rut with no explanation? Maybe you are lost in a sea of thoughts and emotions. Are you ready to go FAASH your Self? Together we will take you through a journey of relaxation and healing where you will learn to Find Align Accept Strengthen & Heal your Self. Meditation gives you a chance to identify and acknowledge those things that consume you everyday thoughts. Reiki provides you with the ability to enliven your inner healing energy.

Join Zoom Meeting: <https://us02web.zoom.us/j/88650156821>

Meeting ID: 886 5015 6821 Dial In By Phone #: 1 646 558 8656

**Alcoholics Anonymous:** "Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety."

Meeting ID: 823 2878 5960 Passcode: HERD1957

## THURSDAYS

**Tutoring:** Do you have homework trouble? Test questions? Do you need help studying? Get FREE tutoring at THRIVE Nassau. Any Subject! Ages 18+ are all welcome. Call to reserve your timeslot today! 516-765-7600

**Nar-Anon:** The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve Step Program, we offer our help by sharing our experience, strength, and hope.

**MA: Step Workshop:** Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope to solve our common problem and help others to recover from marijuana addiction. Every third Thursday of the month MA will host a Step Workshop to focus on one of the 12 Steps.

**FIST Family Hope Support Group:** is for friends & families who have a loved one that struggles with addiction/substance use disorder. We are a solution-based support group & we work with Smart Recovery for Friends & Family as well as CRAFT - Community Reinforcement Family Training from the Center for Motivation & Change. We explore and share evidence-based experiences & solutions for healing & improving our lives and the health of our families.

Join Zoom Meeting: <https://zoom.us/j/102090848>

Meeting ID: 102-090-848 Meeting Password: 244143

**Matching Calamity with Serenity: Using the 12 Steps to Manage Anxiety in Challenging Times:** The discussion will focus on problems or worries that are suggested by the group as topics. The facilitator will demonstrate how to use the 12 steps to uncover the underlying thinking that contributes to increased anxiety and offer suggestions for how to change it.

Join Zoom Meeting:

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlaZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 646 558 8656

## FRIDAYS

**Art Expression Fridays:** Join us for a night of drawing, painting, and bracelet beading as well as other kinds of art and creative expression. A method of stress management.

**Poetry for All:** A weekly workshop in writing poetry from beginners to advanced. Come explore writing poetry as part of recovery and express yourself in a new way.

**Community Living Group:** A monthly discussion about how to cope with challenges we may face while living in sober housing, community residences or long-term in-patient programs. Each month involves a different event. Past events have included tie dye, terrariums, and tournaments.

**Financial Literacy:** From budgeting and saving to credit scores and credit cards, come learn the skills and tips for becoming financially literate. Begin the journey to your dreams by giving yourself the financial tools to get there today.

**Open Mic Night:** Join us for a monthly gathering for music, songs, and poetry, among other talents. Share your gifts with the community and enjoy the gifts of others.

## SATURDAYS

**Nar-Anon Hybrid Meeting (1<sup>st</sup> Saturday):** The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve Step Program, we offer our help by sharing our experience, strength, and hope.

**Overeaters Anonymous:** "Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food."

Join Zoom Meeting: <https://us04web.zoom.us/j/234613613884>

Meeting ID: 234-613-884 Password: 535356 Dial in #: 1.646.876.9923

**Recovery Dharma:** Recovery Dharma offers an approach to recovery based on Buddhist principles. Our program is peer-led and non-theistic. We welcome all those who wish to pursue recovery as part of our community.

**Narcotics Anonymous:** "NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work."

Meeting ID: 789 197 892 Password: odat Dial in #: 1.646.876.9923

## SUNDAYS

**12 in 12 (periodically)** The Twelve Steps are a spiritual program of action for tackling life problems including alcoholism, drug addiction, compulsion and so much more. All are invited to come have a personal experience of going through the steps.